

Title: Temperament and training unit for tennis players

Objectives: The aim of the work is to create a draft program of training units for young tennis players with regard to their temperament.

Method: The method in this dissertation is to analyze the sources and its subsequent application in specific training situations.

Results: In the theoretical section are details of the temperament and his theories. In the descriptive-analytical part, are examples of model training units, depending on the temperament of players

Key words: Coach, temperament, training unit, the psyche, the pupil.